

Workout

Plyo Workout:

- Pushups 3 set X 10
- Lunges 3 set X 10
- Squat Thrusters 3 set X 10
- Jumping Jacks 3 set X 10
- Burpees 3 set X 10
- Rope Jumping (Simulated) 3 set X 10
- Stretching (5 – Minute)
- If you have access to weights, please incorporate into your workout.

*****2 Minutes Rest Intervals*****

Throws Workout:

Shot Put (25)

5 Basic / Power

10 Half Speed

10 Full Speed

Discus (25)

5 Basic / Power

10 Half Speed

10 Full Speed

Lorence / Madison: Please work your Glide and Rotational movements.

If you have any questions, please feel free to call Coach Hickson.